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a substantially inelastic outer shell having an inner wall, the shell being dimensioned for wearing around a portion of a human limb;

an inflatable/deflatable bladder supported between the inner wall of the outer shell and the portion of a human limb; and

battery-operated electrical and pneumatic circuitry, all wearable by the user without interconnection to any other apparatus, the electrical circuitry including:

an electrically operated air compressor, and

a controller operative to inflate the bladder on periodic basis so as to create a level of compression against the portion of the limb for a period of time, after which the bladder deflates until the next compression cycle.

- 22. The apparatus of claim 21, wherein the controller is operative to vary the level of compression as a function of time.
- 23. The apparatus of claim 21, wherein the controller is operative to vary the onset of decompression as a function of time.
- 24. The apparatus of claim 21, wherein the controller is operative to reduce the rate of cycling between compression and decompression as a function of time.
- 25. The apparatus of claim 24, wherein the reduction in cycling between compression and decompression drops off slowly over the course of several days.

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- 26. The apparatus of claim 25, wherein the rate of cycling between compression and decompression gradually reduces to one cycle every several minutes.
- 27. The apparatus of claim 25, wherein the rate of cycling between compression and decompression gradually reduces to one cycle every hour or longer.
- 28. The apparatus of claim 21, further including a user operable control for switching between a fixed rate of compression and decompression to an automatic mode wherein the cycling between compression and decompression reduces over time.
- 29. The apparatus of claim 21, further including a pressure sensor in pneumatic communication with the bladder to terminate the operation of the compressor upon reaching a desired level of positive pressure.
- 30. The apparatus of claim 29, further including a valve for deflating the bladder upon achieving a predetermined pressure.
- 31. The apparatus of claim 21, wherein the substantially inelastic outer shell forms part of a cast.

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- 32. The apparatus of claim 21, wherein the substantially inelastic outer shell is dimensioned for wearing around an upper portion of a human calf.
- 33. The apparatus of claim 21, wherein the substantially inelastic outer shell is dimensioned for wearing around a lower portion of the human calf immediately above a human foot.
- 34. The apparatus of claim 21, wherein the substantially inelastic outer shell is dimensioned for wearing at least a portion of a human foot.
- 35. The apparatus of claim 21, wherein the substantially inelastic outer shell is dimensioned for wearing around at least a portion of a human hand.
- 36. The apparatus of claim 21, wherein the substantially inelastic outer shell is substantially rigid.
- 37. The apparatus of claim 21, wherein the substantially inelastic outer shell is composed of a non-stretch fabric.
- 38. Portable apparatus for deep vein thrombosis (DVT) prophylaxis, comprising:
 a substantially inelastic outer shell having an inner wall, the shell being dimensioned for wearing around a portion of a human limb;

an inflatable/deflatable bladder supported between the inner wall of the outer shell and the

portion of a human limb; and

battery-operated electrical and pneumatic circuitry, all wearable by the user without interconnection to any other apparatus, the electrical circuitry including:

an electrically operated air compressor, and

- a controller operative to perform the following functions:
- a) inflate the bladder on periodic basis so as to create a level of compression against the portion of the limb for a period of time, after which the bladder deflates until the next compression cycle, and
- b) reduce the rate of cycling between compression and decompression as a function of time.
- 39. The apparatus of claim 38, wherein the reduction in cycling between compression and decompression gradually reduces over the course of several days.
- 40. The apparatus of claim 39, wherein the rate of cycling gradually reduces to one cycle every several minutes.
- 41. The apparatus of claim 39, wherein the rate of cycling gradually reduces to one cycle every hour or longer.
- 42. The apparatus of claim 38, further including a user operable control for switching between a fixed rate of compression and decompression to an automatic mode wherein the cycling

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between compression and decompression reduces over time.

- 43. The apparatus of claim 38, wherein the controller is further operative to vary the level of compression as a function of time.
- 44. The apparatus of claim 38, wherein the controller is further operative to vary the onset of decompression as a function of time.
- 45. Portable apparatus for deep vein thrombosis (DVT) prophylaxis, comprising: a substantially inelastic outer shell having an inner wall, the shell being dimensioned for wearing around a portion of a human limb;

an inflatable/deflatable bladder supported between the inner wall of the outer shell and the portion of a human limb; and

battery-operated electrical and pneumatic circuitry, all wearable by the user without interconnection to any other apparatus, the electrical circuitry including:

- an electrically operated air compressor, and
- a controller operative to perform the following functions:
- a) inflate the bladder on periodic basis so as to create a level of compression against the portion of the limb for a period of time, after which the bladder deflates until the next compression cycle, and
 - b) vary the level of compression as a function of time.

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- 46. The apparatus of claim 45, wherein the controller is further operative to reduce the rate of cycling between compression and decompression as a function of time.
- 47. The apparatus of claim 45, further including a user operable control for switching between a fixed rate of compression and decompression to an automatic mode wherein the cycling between compression and decompression reduces over time.
- 48. Portable apparatus for deep vein thrombosis (DVT) prophylaxis, comprising:
 a substantially inelastic outer shell having an inner wall, the shell being dimensioned for wearing around a portion of a human limb;

an inflatable/deflatable bladder supported between the inner wall of the outer shell and the portion of a human limb; and

battery-operated electrical and pneumatic circuitry, all wearable by the user without interconnection to any other apparatus, the electrical circuitry including:

an electrically operated air compressor, and
a controller operative to perform the following functions:

- a) inflate the bladder on periodic basis so as to create a level of compression against the portion of the limb for a period of time, after which the bladder deflates until the next compression cycle, and
 - b) vary the onset of decompression as a function of time.
- 49. The apparatus of claim 48, wherein the controller is further operative to reduce the rate

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of cycling between compression and decompression as a function of time.

50. The apparatus of claim 48, further including a user operable control for switching between a fixed rate of compression and decompression to an automatic mode wherein the cycling between compression and decompression reduces over time.